

## Versatile And Delicious, Rice Is Nutritious

(NAPSA)—When deciding what to eat for dinner, the latest research suggests that rice may be the right choice. A study recently presented at the American Dietetic Association's annual meeting shows that people who eat rice have diets that are higher in essential nutrients such as folic acid, potassium and vitamin C and lower in saturated fat and added sugar.

According to the research, rice eaters have a lower risk of having high blood pressure and being overweight. They also appear to have a reduced risk of heart disease and type 2 diabetes.

Even tastier news for food lovers is how delicious and versatile rice is. Enriched white rice is low in calories and has plenty of iron and folic acid, while brown rice is 100 percent whole grain with phytonutrients. For great-tasting, healthy recipes, visit [www.usarice.com/consumer](http://www.usarice.com/consumer).

Here's a delicious recipe for TUTTI FRUITTI RICE SALAD.

### TUTTI FRUITTI RICE SALAD

*"Rice to the Rescue!" Recipe*

*Contest Winner—Susan Runkle*

*Yield: Makes 4 servings*

**3 cups cooked medium- or long-grain rice**



Serve up a healthy dose of vitamins and minerals in your next bowl of delicious rice.

- ¼ cup dried cranberries**
- 1 mango, chopped**
- ¼ cup chopped pecans, toasted**
- ¼ teaspoon ground black pepper**
- ½ cup raspberry vinaigrette dressing**
- ¼ cup plus two tablespoons fresh chopped parsley, divided**

In large bowl, combine rice, cranberries, mango, pecans, pepper, vinaigrette and ¼ cup parsley. Toss well. Garnish with remaining parsley.